



THE AUTOIMMUNE RECOVERY PROGRAM

Foods to Decrease Pain and Inflammation

Group Activity 1 *The Autoimmune Epidemic*

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Group Activity 1

General Overview of Autoimmune Disease

Autoimmune diseases are:

- A family of diseases that result from an overactive

_____.

- Diseases that result when a diseased immune system mistakenly _____ the body's own _____.

- Diagnosed when there are high levels of _____ detected in lab testing.

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Autoimmune Disease Statistics

- Approximately 50 million Americans, 20 percent of the population or one in _____ people, suffer from autoimmune diseases.

<https://autoimmune.org/wp-content/uploads/2019/12/1-in-5-Brochure.pdf>

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3 Requisites for Autoimmune Disease

These are the three conditions required for you to develop an autoimmune condition:

1. _____ predisposition
2. _____ triggers
3. _____ permeability

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Importance of Gut Health

- The gut is very important because it houses _____ of the _____; therefore, gut health is essential for a healthy immune system.

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How to Improve Gut Health

These are some health recommendations for you to consider:

- Eat Plant Based – _____, unprocessed, local food
- Soak/Sprout high _____ foods (legumes, pseudograins, fatty acids seeds)
- Avoid chemicals and lifestyle choices that disrupt the _____ and _____.



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Spiritual Lesson 1 *The Autoimmune Epidemic*

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Spiritual Lesson 1

Eating for the Autoimmune Epidemic

We can trust in God even when we go through the valley of the shadow of death.

The Bible prophesied that a time was coming when there would be a famine. Joel 1:10 KJV

The field is wasted, the land mourneth; for the corn is wasted: the new wine is dried up, the oil languisheth. Is it possible that this famine may not simply be due to lack of food, but the lack of healthy and safe food?

Spiritual Lesson 1

One writer states that Satan has been using agriculture and the environment as a way to cause men to fall and to keep them from having the victory needed to see Jesus: “Satan gathered the Fallen Angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made until, finally, Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man’s physical, mental, and moral powers, and so overcome the senses that Satan should have full control. **Temperance p. 12**

Spiritual Lesson 1

**Might this be the reason why the diet of those living just before Jesus came might have a diet different from those around them?
“We shall soon reach a time when we must understand the meaning of a simple diet. The time is not far, hence when we shall be obliged to adopt a diet very different from our present diet....”
Manuscript 150 (1905)**

Spiritual Lesson 1

It may be overwhelming to see the effects of industry on the environment and human health. It is tempting to feel as if one cannot do anything about toxins that one is exposed to in food and in the home; however, God has promised that He has a way for each one of us. “Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over”. Psalms 23:5,6 KJV

Spiritual Lesson 1

Many people are recovering their health by learning how to enjoy food that is prepared free of chemicals and overflowing with nutrients. Soaking and sprouting plant-based foods is one principle that we have found to help many people decrease inflammation and improve nutrient availability. We are able to enjoy a wide variety of foods prepared in this simple way.